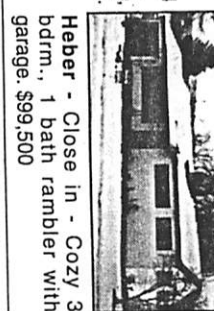


101/4 South Main Street, Heber City
(801) 654-2250
800-397-3922 NATIONWIDE



Timber Lakes - 3/4 bath cabin, wood stove, power avail. deck, on 1 acre of aspens. \$57,500

Heber - Close in - Cozy 3 bdrm., 1 bath Rambler with garage. \$99,500

Midway - Res. bldg. lot with all utilities. 100x125. \$40,000

Charleston - 5 acres, stream, irri. rights, utilities to be installed. \$120,000

Charleston - 9 1/2 acres, stream, irri. rights, utilities to be installed. Private with good views \$195,000

Charleston - 12.99 acres, stream, irri. rights, utilities to be installed. Views \$255,000

Oak Haven - Summer home lot with power. \$7,900

Dick Baum 654-2216 **Scott Jager** 654-3315
Joe Cummings 654-2251 **Craig Hansen** 654-5466
Lauren Williams 654-5651

Serving Wasatch County Since 1958

HAPPY HOLIDAYS TO ONE AND ALL!

The easy way to sell your property is to let REMAX NETWORK PLUS do it for you! We work hard to make selling your property easier for you. We provide full buying and selling services.

HOME SWEET HOME - 4 bdrms., 1.75 baths, dining room, family room, fireplace, large lot. NOW PRICED AT \$140,000. LP316

GREAT BUILDING SITE - 4 acres fronting on Danich Road - sewer hook-up and one water hook-up. LP320

LIFE SIZE DOLL HOUSE - 3,200 sq. ft., 3 bdrms., 2 baths, play/hobby room, hardwood floors, custom oak railing & cabinets, romantic wrap around veranda, one acre lot. \$219,000 KM50

TIMBER LAKES LOT - \$16,500 for this great building site on plow route, paved road, approved for septic, drain field in place, don't miss this one! KM451

CABIN CLASS - 3 bdrms., 2 baths, walk-in closets, hickory cabinets, ceramic tile flooring, jetted tub, natural pine exterior, redwood decks. Be the first to own this beautiful cabin. Price changed to \$154,900. KC206

1 YEAR NEW HOME - 3 bdrms., 1.75 baths, redwood deck, oversized garage, sprinkling system. Listed at \$145,000.

BEAUTIFUL SWISS MOUNTAIN BUILDING LOT - Building lot with year-round water. Utilities in frontage, easy to build on. Fantastic views! \$28,500. BD88

EXPLORE YOUR OPTIONS - Four acre parcel adjacent to Valley Hills. Rolling terrain w/great views, two barns, irrigation water. BD91

REMEMBER GRANDMA'S HOUSE WE JUST LISTED IT! - 4 bdrms., 1.5 baths, family room, main floor laundry, fireplace, wood stove, beautiful 1/2 acre lot! RD247

11 ACRES OF INDEPENDENCE - 4 bdrms., 1.75 baths, dining room, fireplace, beautiful new family home. RD240

BEST PRICE IN TOWN - Heber City building lot, flat, easy to build on, utilities available. Listed at \$28,000. RD248

WALLSBURG ACREAGE - 3 pieces of land now available. Call for more information. TD

HEBER CLASSIC - 3 bdrms., 1 bath, fireplace, irrigation shares, animal rights! \$215,000. TD68

CREEKSIDE - Two 10 acre parcels are left in this beautiful development. Let one be the site for your new home. CK

SWISS MOUNTAIN ESTATES - Building lot, water & electricity avail., natural grass & oak brush. Now only \$10,500. CK56

the mistaken impressions people have about garbage. Rathje is an anthropologist who has made a career of studying garbage. His "archaeological" digs in garbage dumps show that less than 1 percent is such packaging.

• Plastic packaging creates more waste than other forms of packaging. False. Many of the most common forms of plastic packaging actually reduce waste. Coffee cans weight about 4 ozs. For 100,000 cans, this equals 12.5 tons, occupying 46.6 cubic yards. The same amount of coffee in a vacuum packed polyethylene pouch weighs around 1.8 tons and occupies just 5.6 cubic yards. The plastic grocery bag, which in 1976 was 2.3 mils (thousandths of an inch) thick, today is only 0.7 mils thick, so it takes up less space when it does go to a landfill.

• Cloth diapers are better for the environment than disposable ones. False. "Neither type of diaper

encourage your local store to collect and recycle plastic bags, as more than 16,000 are doing today.

Nation's First Vietnam Veterans Memorial To Honor Utah Vietnam Veterans

Utah veterans who lost their lives during the Vietnam War will be honored in January 1995 at the DAV Vietnam Veterans National Memorial.

The origin of the Memorial dates back to the death of Victor David Westphall, III on May 22, 1968, in Vietnam. In the late summer of 1968, Dr. Westphall, his wife, Jeanne and younger son, Douglas, started construction of what was then known as the Vietnam Veterans Peace and Brotherhood Memorial Chapel.

Subsequently, the Disabled American Veterans Organization became interested in the project and ultimately formed the DAV Vietnam Veterans National Memorial, Inc. While the focus of dedication is on Vietnam veterans, veterans of all our nations wars are officially recognized by the Memorial.

Each month, twelve photographs are selected from the collection of photographs on view in the Memorial's Visitor's Center and are placed in the Memorial Chapel. These photographs have been sent to the memorial by the next-of-kin or friends of these deceased veterans.

At the present time, the Memorial has six photographs of the 362 KIA/MIA Utah Vietnam veterans in the archives and they would welcome more. It is their hope that family and friends will see this news release and be encouraged to send a photograph immediately in order to meet the Dec. 24 deadline.

If by Dec. 24, they do not have 12 photographs from the state of Utah, they will have to select photographs from other states to complete the Honor Roll for January.

In addition to the photographs being placed on display, Governor Leavitt has been asked to send a written statement to be displayed in the Chapel along with the Hawaii

False. The type of CFCs that harm the ozone layer haven't been used as the foaming agent in a market for its product. For a free brochure on plastics, call 1-800-777-9500.

the Memorial and the process of healing that takes place there.

A popular display among the visitors to the Memorial is an educational exhibit, the first of its kind in the nation, that uses the latest audiovisual technology to assist those visiting the Memorial in learning more about the Vietnam War. The exhibit offers immediately access to film footage and still photographs taken during the war, and allows the visitors to view TV, newspaper, and magazine reports from this period of American history.

The Memorial Chapel is open to the public 24 hours a day.

Staying Slim in The Santa Season

Are you dreading every holiday function because this was the year that you finally lost that stubborn 10 pounds? Or maybe you're just anxious about gaining new weight—like you do every holiday season. Don't worry! There are ways to enjoy—yes, enjoy—the holidays without packing on the pounds: 1)

Set goals and stick to them. It is very difficult to lose any weight during the holidays, but you should aim to stay at your current weight throughout the holidays. Then, when the pressure of the season has subsided, you can commit more fully to your weight loss plan. 2) Slow down. When you eat quickly, your body barely has time to notice that it is full. Before you know it, you've over eaten! By eating more slowly, not only get to really savor your food, but your stomach will let you know that it is satisfied. 3) Get exercise very day. You don't need to get to that hour-long aerobics class daily, but parking your car further away from the mall wouldn't hurt. A brisk walk can

from that creamy, mayonnaise-based dip. Opt for nutritious breads (without the butter, of course) and pasta before your head is turned by the fascinating cheese and cracker plate. Fried foods, like pizza rolls and fried potatoes, should be avoided at all costs! Not only are these loaded with fat, but they can often cause stomach irritation because of excess oils. Pick fish and poultry over red meat. Don't overlook the fruit tray! Use this special occasion as an opportunity to enjoy out of season fruits that you may not have had for months.

3) Get involved in a conversation. If you are preoccupied by food and eating, chances are that you will want to linger over the hors d'oeuvres. Strike up a conversation and don't let thoughts of food enter in. 4) Don't drink too much. Although alcoholic beverages have no fat, they are high in calories and they can alter your judgment, causing you to pig out unnecessarily. Alcohol also has the tendency to make most people hungry. 5) Just say "no." Do it politely, of course.